



Frozen Beets

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

Calories	35
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0.0mg	0%
Sodium 60.0mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2.0g	7%
Sugars 0.0g	0%
Includes Added Sugars 0g	
Protein 1.0g	
Calcium 10.0mg	0%
Potassium 250.0mg	6%
Iron 0.7mg	4%
Vitamin D 0.0mcg	0%

Are frozen beets any good?

Once your beets are fully frozen, package them in freezer bags; and return them to the freezer. They'll keep indefinitely, but are best when used within a year. Since beets have a high water content, you may want to consider vacuum sealing them.

What do I do with frozen beets?

These frozen beet slices take all the messy prep off your hands and save much needed time in the kitchen. Blend them into smoothies, dips and soups – or use them to bring vibrant colour and flavour to everything from salads to rice to pasta. They're delicious roasted, steamed, boiled or microwaved.

How do I cook frozen beets?

All you need to turn frozen beets into roasted beets is a roasting pan, a little olive oil, and heat for half an hour. You don't have to defrost them or anything, just toss the beety frozen blocks with olive oil



and roast till they're cooked through.